

Fort Knox Tobacco Cessation Program

Note: this ongoing HPPI project has been a part of the HPPI portfolio since the beginning of the HPPI program in FY97.

The health problem or issue

The US Army Surgeon General has identified the specific need to focus efforts on reducing tobacco use within the military to 12% based on the goals of Healthy People 2010. Statistics indicate that 32% of the Soldier population smokes tobacco while 14% use smokeless tobacco. The program has enrolled more than 4000 participants since 1995.

Outcome

A tobacco cessation program that includes accessibility to a variety of therapies (cessation groups, nicotine-replacement or other pharmacologic therapies), person-to-person contact, provision of practical counseling and social support results in reduced tobacco use.

Impact on force readiness and deployability

Tobacco cessation improves Soldier readiness through improved night vision, increased ability to deal with stress, increased brain circulation and mental acuity, increased fine motor coordination, increased lung capacity and performance, decreased need for water intake, decreased risk of heat and cold injuries, decreased muscle fatigue and increased stamina to name several. This program enhances overall force readiness by maximizing the Soldier's physical ability to perform.

Demonstration of program effectiveness and/or impact

The primary goal of the program is to help participants permanently quit tobacco. The quit rate of participants is measured via telephonic follow-up by a registered nurse at 1, 3, 6, and 12 months after a participant's quit date. The average quit rate since program inception is 47% at the 12-month follow-up call.

Unique and/or innovative program aspects

This program is based on best practices for tobacco cessation as documented in the literature. The program uses a multidisciplinary approach and places emphasis on stress management, weight control, and relapse prevention. Evening classes and one-on-one counseling are available to those not able to attend the daytime classes and are especially helpful for active-duty Soldiers.

Challenges to effective program implementation

Optempo and training requirements can be a barrier to continuous program participation. Upcoming deployment prevents some Soldiers from enrolling in the program since they would be unable to complete the program.

Impact on the HPPI portfolio

An exportable package for use by other medical treatment facilities has been developed and posted to the USACHPPM web site.